



Shirley Council on Aging

Volume: 8

NEWSLETTER NOVEMBER 2016

Issue: 11

Senior Center • 9 Parker Road • Shirley, MA 01464

Tel: 978-425-1390 • Fax 978-425-1392 • email: coadirector@shirley-ma.gov



With Gratitude and Appreciation

We offer our sincere thanks to all who keep our Senior Center running. To our staff, volunteers and COA board members and to all those who contribute their time, goods, services and financial assistance, we thank you and wish you a very Happy Thanksgiving!

During Medicare's Open Enrollment (which ends Dec. 7), you will have a chance to change your plan for next year. Our SHINE Counselor can help you understand your plan changes, as well as other options you may have. **Appointments are limited so make your appointment by calling the office at 978-425-1390. The next SHINE visit will be November 17th.**

It's that time of year again when we need to start thinking about heating bills. If you would like to apply for Fuel Assistance, please call **New England Farm Workers' Council** at 978-342-4520. If you are homebound or doing a renewal, please make an appointment with our Outreach Worker, Patrick Curtin, by calling 978-425-1390.

If you find yourself alone this Thanksgiving, or you're a couple and one of you isn't feeling your best and you're not up to cooking a big meal, please come join us at the Senior Center. We'd love to have you. Just call to reserve your spot! As always, I invite you to stop by and say hello. My door is always open and I want to hear what else we can do to serve you better. Hope to see you here soon!

~ Kathryn



**Senior Lunch
By Nashoba Tech
November 16th
at 11:30**

Choice of:

CHICKEN COQ AU VIN (CHUNKS OF
CHICKEN SAUTED WITH MUSHROOMS,
ONIONS AND PEPPERS IN A BROWN SAUCE)
OR BAKED HADDOCK

All served with salad, rolls, potato, veg., and dessert

\$10.00 plus \$2.00 suggested tip

Call TODAY to reserve your seat at 978-425-1390

Free Thanksgiving Dinner at the Senior Center

November 24th

11 a.m. to 2 p.m.



Shirley seniors who will be alone on Thanksgiving Day are invited to enjoy a traditional Thanksgiving Dinner with all the trimmings here at the Senior Center at 9 Parker Rd. Take-out and delivery are available for those unable to come to the Center.

You must reserve by 11/14 by calling 978-425-1390 or email: coadirector@shirley-ma.gov

Mission Statement of the Shirley Council on Aging:

"To serve the Seniors of Shirley with services that enhance their lives and provide for their needs."

Council on Aging Staff and Members

DIRECTOR

Kathryn Becker

OUTREACH WORKER

Patrick Curtin

VAN DRIVERS

Bob Perry, Doug Perry

VAN DISPATCHER

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Hans Onsager

NEWSLETTER EDITOR

Doreen Quintiliani

SUNSHINE LADY

Chris Bibby

The Council meets the second Wednesday of each month at 1:00 pm at the Senior Center, 9 Parker Road.

Meetings are open to the Public.

(November meeting at 1pm on Tuesday, November 1st)

THANK YOU . . .

For your contributions, donations and volunteerism.

We appreciate your support.

We would not have Your Center without you!

Vendors:

Pepsi for water, Panera for bread and bagels, Hannaford for goodies, Mitrano Removal, Turf Logic, Village Pizza, Groton Wellness Café, Wachusett Potato Chip Co., Tiny's Restaurant, and Ayottes Farm

Our Bagel Team:

Jim Lanteigne, Bill Dow, Bob McBrine, and Bob Perry

Program Support:

Ron & Shirley Deyo, Don Parker, Chip Guercio, Pat Florio, Sally Hamel, Maria Owens, Elaine Quinty, Alice West, Carolyn and Charlie Waite, Sandy and Gene Wixom, Joe Nickerson, Rhoda Dow, Tony Bucca, Beverly Smith, Barbara Lugin, Juanita Fields, Kathy Cormier, Marianne Alexander, Helen Kramer, Vi Burnley, Ray Gagnon, Shirley Police Department, Doris Champagne, Cathy Landry, Charlotte Landry, Joyce Scott, and Frank Esielionis

Newsletter Distribution: Ray Gagnon and Melissa Slattery

Donations:

Susie Joly, Christine Saball, Tony Bucca, Carolyn and Charlie Waite, Marion Wood, Bob McBrine, Chet & Maryjane Pauley, Joe Gonynor, Alice West, Susan Brown, Lauren McCarthy, James and Ann Pringle, Missy Slattery, Hans Onsager and Village Pizza, Sue Hartman, St. Anthony's, Joe Landry, Joyce Patton, Sandy and Gene Wixom

Thanks to all who have given donations to support the Center's continuation of programs and activities.

Newsletter:

Cyndi and Dan Furman, Kathryn Becker, and Doreen Quintiliani

Café Wish List



The Senior Center is a Green Operation
Recyclable Donations Please

Folgers Decaf Coffee

DON'T FORGET!

Veterans' Breakfast ~ Monday, November 14 ~ 8:30 a.m.

Senior Lunch, Nashoba Tech ~ Wednesday, November 16 ~ 11:30 a.m.

Senior Breakfast ~ Monday, November 28 ~ 8:30 a.m.





Outreach Corner

Patrick R. Curtin, Outreach Coordinator

Telephone: (978) 425-1390

Email: pcurtin@shirley-ma.gov



The mission of the Outreach Program is to make contact with senior citizens, determine their needs and interests, and to meet those needs and interests through appropriate referrals, program development and advocacy.

Patrick can explain community programs and benefits, assist with applications to needed programs, aid elders in their search for services and act as an advocate and support for elders in need. If you or someone you know has questions or need help, please call Patrick at the Council on Aging office at **978-425-1390**. He is available at the Senior Center at 9 Parker Rd., Mon. and Wed. from 1pm– 5pm . All information shared is confidential. Patrick is also a Notary Public. Please call to make an appointment if you need something notarized.

Fuel Assistance Program



The weather is finally cooling down and our thoughts turn to the heating season. If you've had trouble paying for your heat previous years or if you've just started having financial difficulty, the LIHEAP Program (Low Income Heating Assistance Program) is here to help with your energy bills.

The Fuel Assistance program runs from Nov. 1 to Apr. 30, and applications are being accepted now. If you have been on Fuel Assistance before, some of you will have already received your renewal application or be receiving it in the coming weeks. If you need any help filling it out or making copies of the documents that you need to attach, please contact Patrick.

If you are new to Fuel Assistance and would like to apply, eligibility is based on the size of the household and the combined gross income of its members. The income eligibility requirements are:

For an **individual**—\$34,001; for **two persons**—\$44,463; for **three persons**—\$54,925.

If you like to apply for Fuel Assistance, please call New England Farm Workers' Council at 978-342-4520.

If you have a renewal or are homebound, please call Patrick at 978-425-1390.

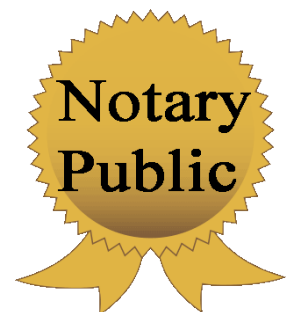


Caregivers Corner

Information and resources for those caring for a loved one.

Listed are some of the pamphlets and books available for Caregivers at the Senior Center. Call Patrick at 978-425-1390 if you would like any of this information.

- So Far Away: Twenty Questions & Answers About Long-Distance Caregiving
- Caring for a Person With Alzheimer's Disease
- Playbook for Alzheimer's Caregivers: Tips and Strategies
- Legal and Financial Planning for People With Alzheimer's Disease—Fact Sheet
- Understanding Alzheimer's Disease
- Understanding Memory Loss: What to do when you have trouble remembering
- There's No Place Like Home—For Growing Old—Tips



Notary Public
Available at the Senior Center

Patrick Curtin
Outreach Worker

*Available Monday
and
Wednesday 1-5*

****By appointment only ****
Please call 978-425-1390

The Choice Café—Hot Lunches!

The Choice Café is a congregate meal prepared by the Montachusett Opportunity Council. **We are now offering hot lunches for the winter!** There is a voluntary donation of \$3.00 requested.

Unlike our regular lunch, you **MUST CALL AHEAD** to reserve a meal. Call us by Monday at 10 a.m. to reserve for the following Wednesday lunch or just sign-up here at the Senior Center. Come enjoy a nutritious meal with friends at a low price!

November 9th menu is:

Chicken and Rice Casserole, Spinach, Multigrain Bread and Sugar Cookie

November 30th menu is:

Autumn Harvest Soup, Turkey Tetrazzini, Bowtie Pasta, Multigrain Bread and Applesauce



NEWS FROM SHINE

Don't Ignore Your Medicare Mail! Medicare's Open Enrollment Ends December 7th

*Make an appointment to see the
SHINE Counselor NOW!*

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have received information from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2017.

During the annual Medicare Open Enrollment (**October 15th - December 7th**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have.

**Call early to get a SHINE appointment during
Open Enrollment!**

**Our SHINE Counselor will be available
by appointment on
November 17th
Call us at 978-425-1390**



**Nashoba Nursing Service & Hospice
Nashoba Associated Boards of Health
Your COMMUNITY, Your CHOICE Since 1931**

**Blood Pressure Clinic
Thursday, November 10th from 9:30-10:30 a.m.**

Senior Information November 21 at 9:30 a.m.



Veterans' Presentation

By Joe Landry and Norm Albert
Refreshments provided



Instructor: Maria Skinner

November 13—December 15 (No class November 24th) at 11 AM

Ageless Grace is an anti-aging fitness program for body AND brain based on the science of neuroplasticity. Each of the 21 simple tools focus on the healthy longevity of the body, mind, emotions and spirit. It's a creative, lively chair-based class set to upbeat popular music with natural moves (no choreography to learn).

It's for baby boomers, all ages and abilities of seniors and those with weight, joint, diabetes, MS and other challenges, as well as those in wheelchairs or with other physical limitations! This class is for anyone at any age who is interested in aging gracefully using timeless anti-aging techniques for the body and brain that almost anyone can do!TM

It's Never Too Late to Begin.

It's Never Too Early to Start!

**Please register at 978-425-1390
or coadirector@shirley-ma.gov**



SPECIAL THANKS

To
**Friends of Nashoba Valley
Medical Center**

For their generous grant to support
Ageless Grace

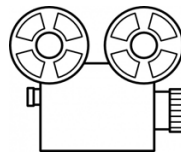
VETERANS' CORNER*...from Mike Detillion,***Shirley Veterans' Officer**

The Veterans' Officer is available at any time to aid your efforts to enter into the VA Health Care system or pension system.

For an appointment:**Call: 978-425-2600 x280****Appointments: Anytime**

**Office Hours: Monday evenings
5:00 – 7:00 p.m.
at the Town Office Building**

Benefits: All veterans, spouses and dependents are eligible for Chapter 115 and VA benefits with an honorable discharge. Benefits can include financial assistance, food assistance, shelter assistance, and burial assistance.

**Pizza & a Movie****@ Your Senior Center****Sergeant York****Wednesday, November 2 @ 11 a.m.****Cost: \$2.00 FREE for Veterans!****Director:** Howard Hawks**Starring:** Gary Cooper and Walter Brennan

A hillbilly sharpshooter drafted in WWI despite his claim to be a pacifist, who ends up becoming a war hero.

**The Lady in the Van****Wednesday, December 7th @ 11 a.m.****Cost: \$2.00****Director:** Nicholas Hytner**Starring:** Maggie Smith, Alex Jennings, Jim Broadbent

A man forms an unexpected bond with a transient woman living in her van that's parked in his driveway.

Attention: Shirley Senior Veterans

The Shirley Council on Aging cordially invites you to our monthly



Veteran's Breakfast

Monday, November 14th

8:30 a.m.

This is a FREE breakfast made possible by The Shirley Charitable Foundation and Friends of Nashoba Valley Medical Center
Served on the second Monday of each month

Outside the Lines

Coloring Group

Remember how much fun it was to color when we were kids? Well, it still is! Join us for afternoons of fun and relaxation with friends at the Shirley Senior Center listening to music while you color.

All of the materials are provided.**Tuesdays 1-3 p.m.***No cost*

The repetitive motion of coloring can be a meditative experience. If you've been busy going from one task to the next, coloring can press the re-set button for your brain and be calming and reduce stress all while giving you a creative and fun outlet. Adults need play too!



**In Honor
of Our Veterans,
bring in
your framed
service photo
by November 9th
and we will
display them all
for two weeks
for everyone to enjoy!**



Members and guests, please remember to swipe your card at the computer when you come into the Senior Center.

If you don't have a card yet or have lost yours, please see Kathy to sign up or get a replacement card. The statistics are very important in helping us to obtain funding and in planning programming each year, so help us by being counted!



This applies to those volunteering as well. Please be sure to enter your hours and help us keep track of all you do!

***Vote Early
at the Town Offices
Until November 4th***

Monday	10/31	8am - 7pm
Tuesday	11/1	8am - 4pm
Wednesday	11/2	8am - 4pm
Thursday	11/3	8am - 7pm
Friday	11/4	8am - 1pm



Early Voting began on Monday, October 24th and continues through Friday, November 4th in all Massachusetts cities and towns. Early Voting is available for every registered voter. It can be done in person or by mail. Our early voting site is the Town Offices at 7 Keady Way. It is open to all voters during the times listed above.

No application is needed if you would like to vote in person at the Town Offices. You will check in, receive a ballot, vote the ballot at a voting booth, seal it in an envelope (provided) which will include lines on which to print your name, address and signature and then pass it in to an election worker. The ballot will be held until election day and processed at the polls the same way we currently process Absentee Ballots. If you would like to receive an EV ballot by mail, please contact Amy McDougall, Town Clerk.

Absentee voting is still possible and can be done about a week earlier. Absentee voters, however must meet a legal requirement – it is for folks who will be absent from Shirley on Election Day or have a disability or religious belief that prevents them from going to the polls.




In mid-October, the State Elections Division mailed an Information for Voters Pamphlet that includes information about the state-wide ballot questions.

The Town Clerk can be reached at: 978-425-2600, x1 or clerk@shirley-ma.gov with any questions.

Café Open Mon.-Thurs.
from 9AM to Noon

November 2016

Shirley COA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	DROP IN CAFÉ Mon.-Thurs. 9 AM to NOON	1 9:30-12 Bridge/Dominos 1:00 COA Meeting No Coloring Group today	2 8:30-9:30 Senior Fitness 9:00 Aging Mastery Program 11:00 PIZZA & A MOVIE "Sergeant York" 1:00 Bingo	3 11:00 Ageless Grace 12:15 Wii Bowling	4 Closed	5
6	7 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	8 VOTE!! At Town Offices 5:45 a.m. - 8 p.m. 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	9 8:30-9:30 Senior Fitness 9:00 Aging Mastery Program 11:30 Choice Café	10 9:30-10:30 Blood Pressure Clinic 11:00 Ageless Grace 11:30 Aging Mastery GRADUATION 12:15 Wii Bowling	11 Closed VETERANS DAY 	12
13	14 8:30 VETERANS' BREAKFAST 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	15 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	16 8:30-9:30 Senior Fitness 9-11 Creativity Time 11:30 Nashoba Tech Luncheon 1:00 Bingo	17 9:00 SHINE 11:00 Ageless Grace 12:15 Wii Bowling	18 Closed	19
20	21 9:30 VETERANS' PRESENTATION 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	22 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	23 8:30-9:30 Senior Fitness Thanksgiving Prep!	24 THANKSGIVING AT THE SENIOR CENTER 11 A.M. to 2 p.m.	25 Closed	26
27	28 8:30 SENIOR BREAKFAST 11-12 Qigong 12:15 Wii Bowling 1-4 Card Game Time	29 9:30-12 Bridge/Dominos 1:00 "Outside the Lines" Coloring	30 8:30-9:30 Senior Fitness 9-11 Creativity Time 11:30 Choice Café 1:00 Bingo		<i>For a SHINE Appointment Call 978-425-1390</i>	